

## **Mental Health, Alcohol use and Substance Use Treatments and Supports**

### **Suicide Prevention and Crisis Services:**

24-Hour Crisis Hotline: 716-834-3131

- 24-Hour Emergency Mental Health Mobile Response Services -18 and over

24-Hour Addiction Hotline: 716-831-7007

24-Hour Erie County Domestic Violence Hotline: 716-862-HELP (4357)

### **211 WNY:**

Dial: 211 or 1.888.696.9211; available 24/7/366

Text your zip code to 898-211; M-F 8:30AM-3:30PM

Comprehensive Community Information and Referral, including info on openings and closing at area non-profit and government offices

Also, offers After Hours Emergency Housing Services for Erie County Dept of Social Services (Homeless placement)

### **Spectrum Crisis & Re-Stabilization Emergency Services (C.A.R.E.S):**

716-882-4357

24 Hour phone support and mobile response services to youth in crisis under the age of 18 and their families or caretakers.

### **Spectrum Health and Human Services Urgent CARE (UMHACC)**

716-539-6743

Provide rapid access to mental health services and substance use counseling to our community.

Crisis intervention and counseling to avoid an emergency room visit when possible.